

July 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 10:30 Yoga  5:00 Qi Gong	<b>2</b> 8:30 & 9:30 Strength Training 9:30 Discussion 11:15-1:15 Writers Group 1:30 Mah Jong 3:00 Dance Free!	<b>3</b> 8:15 Balletics 10:30 Yoga 1:00 Mah Jong	<b>4</b> CLOSED 	<b>5</b> 8:15 Balletics  10:30 Yoga 1:00 Watercolor	<b>6</b>
<b>7</b>	<b>8</b> 10:30 Yoga <b>10:30  Parkinson's  Support Group</b> 5:00 Qi Gong	<b>9</b> 8:30 & 9:30 Strength Training Blood Pressure Screening 9:30 Discussion 11:15-1:15 Writers Group 1:30 Mah Jong 3:00 Dance Free!	<b>10</b> 8:15 Balletics 10:30 Yoga 1:00 Mah Jong	<b>11</b> 8:30 & 9:30 Strength Training 12:30 Lunch 	<b>12</b> 8:15 Balletics 10:30 Yoga 1:00 Watercolor	<b>13</b>
<b>14</b>	<b>15</b> 10:30 Yoga 5:00 Qi Gong	<b>16</b> 8:30 & 9:30 Strength Training 9:30 Discussion 11:15-1:15 Writers Group 1:30 Mah Jong 3:00 Dance Free!	<b>17</b> 8:15 Balletics 10:30 Yoga  1:00 Mah Jong	<b>18</b> 8:30 & 9:30 Strength Training 12:30 Lunch	<b>19</b> 8:15 Balletics 10:30 Yoga 1:00 Watercolor	<b>20</b>
<b>21</b>	<b>22</b> 10:30 Yoga Pedi-care Clinic 5:00 Qi Gong	<b>23</b> 8:30 & 9:30 Strength Training 9:30 Discussion 11:15-1:15 Writers Group 1:30 Mah Jong 3:00 Dance Free!	<b>24</b> 8:15 Balletics 10:30 Yoga 1:00 Mah Jong 2:00 Origami	<b>25</b> 8:30 & 9:30 Strength Training  12:30 Lunch	<b>26</b> 8:15 Balletics 10:30 Yoga 1:00 Watercolor 	<b>27</b>
<b>28</b>	<b>29</b> 10:30 Yoga  5:00 Qi Gong	<b>30</b> 8:30 & 9:30 Strength Training 9:30 Discussion 11:15-1:15 Writers Group 1:30 Mah Jong 3:00 Dance Free!	<b>31</b> 8:15 Balletics 10:30 Yoga 1:00 Mah Jong	<b>Office Hours:</b> <b>Monday – Friday</b> <b>8:30am-4:00pm</b> <b>Closed Holidays</b> **Please be aware that while most of our classes and programs are free, there may be a minimal charge for a specialty class...Yoga /\$10, Balletics/ \$12, Qi Gong/\$12, Strength Training/\$8** Prices subject to change without notice		

## Ongoing Services:

- Outreach
- Fuel Assistance
- SNAP (formerly known as Food Stamps)
- Government Surplus Food Distribution
- Notary Services
- Lifeline and Be Safer At Home
- Durable Medical Equipment
- Telephone Reassurance Calls
- File of Life
- SHINE (insurance specialist)

**Upcoming Events:** Call 508-693-2896 for additional information and to sign up for the following events.

**Notice: Please Note that Thursday Mah Jong has MOVED to Tuesday Afternoons at 1:30.**

**Falmouth Shopping Trip**  
**On Haitus until the fall**

**Chilmark Library: Meet Your Staff Information Clinic Tuesday, July 2nd. 2pm-3pm**

Staff members of the UPICOA will be available at the Chilmark Public Library for general information or to meet confidentially to discuss questions or concerns. Drop in or by appointment. We look forward to seeing you!

**Origami- select Wednesdays 2:00pm**

Back by popular demand! We will be doing a pop-up origami club on select Wednesdays in the upcoming months. This is a self- lead class, come enjoy crafting, conversations and company. Origami paper provided. Our next date will be *Wednesday July 31*. stayed tuned for future dates!

**Annual Howes House Cookout - Friday, August 9<sup>th</sup>, 11:30-1:30**

**Please join us for Live music, food and, friendship!**

**Sponsored by the Friends of the Up Island Council on Aging**

**Space limited, call to sign up! 508-693-2896**

**Traveling Tap Museum – Friday, August 23<sup>rd</sup>, 10:00am**

Join Sarah Safford as she brings to us the Traveling Tap Museum (TTM)! “Inspired by the kiosks set out in Moscow before the Russian Revolution of the 19<sup>th</sup>”· TTM brings history, rare artifacts, and live dancing all contained in a traveling, folding “granny cart”.

– Join us for this Fun and entertaining presentation!!

**Annual Lobster Picnic- September 9<sup>th</sup>**

Call now, or stop by the front desk to reserve your space for our Annual Lobster Picnic at the Galley in Menemsha! **Please RSVP as soon as possible, Space is limited 508-693-2896**

**Reverse Mortgages: 101 – Monday September 23<sup>rd</sup>, 12pm**

Join us for an informational talk with the lawyer from South Coastal Counties Legal Services, Inc. about Reverse Mortgages. Learn what they are and have any questions answered by a qualified professional. Presented and Sponsored by South Coastal Counties Legal Services, Inc. and The Friends of the Up Island Council on Aging.

Please RSVP to 508-693-2896

